

Alerting Foods



For children and young people who appear slow to respond, disengaged or lethargic, sour tastes, cold food and drinks, crunchy and chewy snacks can provide alerting oral sensory input. Sucking can provide comfort and Nurture and Sweet, salt and warm spices can be comforting too.

Here are some suggestions:

Chewy

- Dried fruit
- Dates
- Fruit gummies
- Cheese
- Bubble gum
- Granola bar
- Celery
- Sausage sticks
- Bagels
- Toffee's
- Chewits

Sour, Tart and Spicy

- Lemonade
- Kiwi
- Pickles
- Lemon Slices
- Lime slices
- Olives
- Grapefruit
- Orange wedges
- Greek Yoghurt
- Pickled beetroot



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Childrens Therapy Services

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Alerting Foods



Cold

- Smoothies
- Ice pops
- Milk
- Frozen grapes
- Frozen yoghurt
- Frozen berries
- Water with Ice
- Frozen fruit i.e., banana's

Crunchy

- Crackers
- Nuts
- Pretzels
- Popcorn
- Cucumber
- Rice cakes
- Mints
- Dry Cereal
- Nachos
- Toast
- Crisps
- Snap peas
- Peppers
- Granola
- Apples Carrots
- Almonds



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Calming Foods



For children and young people who appear overly active, appear inattentive; foods that require resistive chewing and drinks that require resistive sucking can provide calming oral sensory input. Here are some suggestions:

Sweet

- Bananas
- Peaches
- Strawberries
- Watermelon
- Grapes
- Berries
- Plums
- Pears

Warm

- Hot chocolate
- Tea
- Porridge
- Warm Milk

Smooth & Creamy

- Yoghurt
- Hummus
- Hard-boiled egg
- Applesauce
- Cottage cheese
- Avocado
- Smoothies
- Soft cheese
- Spinach Dip
- Peanut butter

